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# ***SUMMERTIME RECIPES***

## ***HOMEMADE BUG SPRAY***

### **Gather:**

Terrashield

Geranium

Peppermint

Arborvitae

Cedarwood

Citronella

Lemon Eucalyptus (which has been  
shown to be as effective as DEET!)

FCO

Spray Bottle

### **Instructions:**

Add 15 drops of each essential oil into a 2oz spray bottle. Top off with equal parts water and fractionated coconut oil. Shake and use! Apply before going out into the wild :)